

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.

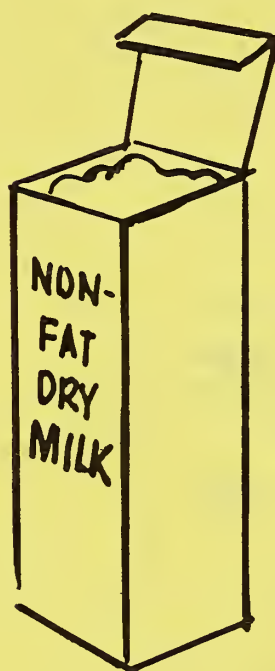


H280.39  
C762  
Cof. 2



# DONATED NONFAT DRY MILK

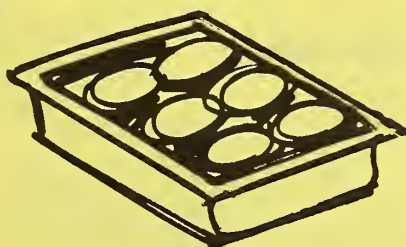
*a good choice for the thrifty family*



is made from fresh milk



NONFAT MILK  
can be used in  
place of fresh milk  
for-



Drinking  
Cooking



MILK helps build strong Bones  
Good Teeth  
Muscle

U. S. DEPT. OF AGRICULTURE  
NATIONAL AGRICULTURAL LIBRARY

NOV 1 10 1963

CURRENT SERIAL RECORDS

### **Buttermilk**

$\frac{3}{4}$ cup donated nonfat dry milk	$\frac{1}{2}$ cup commercial
$3\frac{3}{4}$ cups warm water	buttermilk or homemade
	buttermilk

Sprinkle nonfat dry milk over warm water. Stir or beat until well mixed. Stir in buttermilk. Cover. Let stand at room temperature 8 hours. Stir until smooth. Cover and refrigerate. Makes about 1 quart.

### **Vanilla Cream Pudding**

1 egg	2 cups milk
2 tablespoons cornstarch	1 tablespoon margarine
$\frac{1}{4}$ cup sugar	or butter
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla

Beat egg well and mix egg with cornstarch, sugar and salt in a heavy sauce pan. Stir in milk. Cook over moderate heat, stirring all the time until mixture thickens. Stir and boil 1 minute more.

Remove from heat. Add fat and vanilla and stir until fat melts. Chill. Makes 4 servings.

### **Chocolate Pudding**

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup cocoa	$2\frac{1}{2}$ cups milk
3 tablespoons cornstarch	1 teaspoon vanilla

Mix sugar, cocoa, cornstarch and salt; slowly stir in milk. Cook over medium heat, stirring all the time, until mixture thickens. Cook 3 minutes more. Add vanilla. Chill. Makes 4 servings.

### **Fish Chowder**

1 pound cleaned fish	2 cups water
$\frac{1}{2}$ large onion	1 teaspoon salt
2 medium potatoes	Pepper to taste
2 tablespoons chopped salt pork	2 cups milk

Bone and skin fish and cut into small pieces. Chop onion and potatoes. Fry salt pork until brown. Add onion and cook until tender. Add water, potatoes, salt, pepper and fish. Cover and cook over low heat 15 minutes or until potatoes are tender. Add milk. Heat. Makes 6 servings.



### **Hot Cocoa**

¼ cup cocoa	4 cups milk
3 tablespoons sugar	Salt to taste
¼ cup water	

Mix cocoa, sugar and water together in a pan. Cook several minutes over medium heat, stirring all the time. Stir milk in slowly. Add salt and mix well. Heat thoroughly. Serve hot. Makes 4 cups.

### **Peanut Butter Milk**

1½ cups donated nonfat dry milk	6 cups warm water
2 tablespoons sugar	⅓ cup peanut butter

Add dry milk and sugar to the water and beat until smooth. Add milk gradually to the peanut butter and mix well. Chill. Makes 6 servings.

### **Corn Chowder**

½ cup salt pork, finely chopped	1 can cream-style corn
½ small onion	(1-pound can)
1 large potato	3 cups milk
1 cup water	½ teaspoon salt

Fry salt pork in large saucepan until brown. Chop onion. Add onion to salt pork and cook until tender. Cut potato finely. Add potato and water and cook 10 minutes. Add corn and cook 10 minutes longer. Stir in milk and salt and heat. Makes 6 servings.

### **Potato Soup**

1 onion	2 cups milk
1 tablespoon fat	1 teaspoon salt
4 medium potatoes	Pepper to taste
1 cup water	

Chop onion and cook in fat until tender. Cut potatoes into small pieces and add to the onions. Add water, cover and boil gently for 15 minutes, or until potatoes are tender. Mash potatoes with a fork without draining them.

Add milk, salt and pepper and heat, stirring all the time. Makes 4 servings.

# TO MIX USDA-DONATED DRY MILK

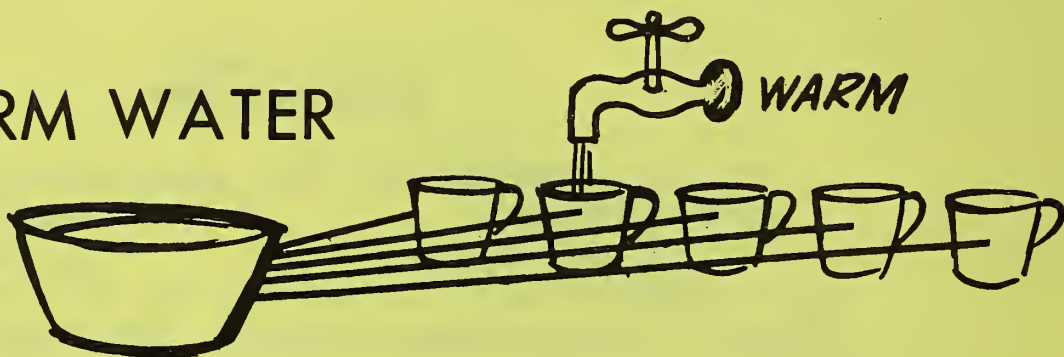
for COOKING



and DRINKING



Put 5 cups WARM WATER  
into a bowl



Add 1 cup DRY MILK

Stir well with SPOON



FORK



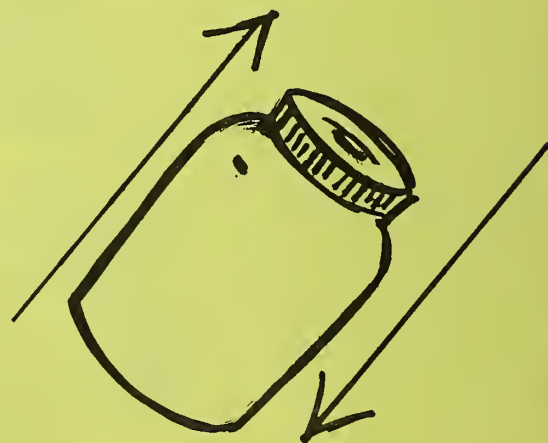
or EGG BEATER



or Put 5 cups WARM WATER  
into a big jar  
with tight lid



Add  
1 cup  
DRY  
MILK



Shake well

USE AT ONCE OR KEEP IN REFRIGERATOR